

sources



a publication of concordia multi-faith chaplaincy



Vol. 3 No. 2

Winter/Spring 2009

**sources...**

a publication of
Concordia Multi-faith Chaplaincy

Vol. 3, No.2
Winter/Spring 2009

Editor:

Rev. Ellie Hummel

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Becca Paterson

***What Becca has to say
about her art...***

A few years ago, I found it more and more difficult to listen to lectures without my mind wandering off to different domains. I found that when drawing, I was more able to keep my attention focused on what my professors were saying. Since then, I have been covering the pages of my notebooks with what starts as a line or a dot and ends up as a chaotic collection of fragments. I like watching each assortment grow as I add pieces to it and I sense more and more that I am not alone in my anticipation.

-Becca
Psychology

Sikh Student Association

Contact Manjit Singh if you are interested in attending meetings with this group.

editorial

My niece works as a nanny for a circus family. The father is a tight rope walker. When I first heard about this, this picture instantly came to my mind: The father high above the ground, traversing a thin rope. Every move a risk, every step a challenge, as he tries to keep his balance and cross safely from one side to the other. And down below, on a rope closer to the ground, I see the children practicing the same act. Like training wheels for a bike, they have a training rope on which they can perfect their skills. Practicing not to fall, learning to stay upright and walking.

In many ways, we are all tight rope walkers. We walk many fine lines in our daily lives and try to keep the balance. Students who come to Multi-faith Chaplaincy often talk about finding the balance between studying, social commitments, work and rest. Others find the balance between cultures more difficult, the culture and traditions of their family, and those that they are creating in their adult lives. With only 24 hours in the day, and many demands on those hours, at times it seems difficult to make the right choices and find the next step towards a life filled with emotional, physical, social and spiritual well-being. Beyond the personal, our society seems to be walking a tight rope as well. At times, it seems difficult for us to find the balance between economic cost and community well-being, between being inwardly-focused and looking beyond our horizon, between routine and vision.

Of course, most of the situations we find ourselves in are complex. Finding balance is never easy. Rarely is there a clearly right or wrong solution, but there are always many aspects to consider and stories to hear. There are never just winners and losers. Most of the time, we both gain in some ways and give up in others, or we need to make a choice that is best for the time being. Finding the next step on this tight rope of life often includes careful discernment, discussion with friends and mentors and taking some cautious steps. It is also something that we never finish learning. Finding balance in our personal lives, as a university community and as a society is a life-long challenge.

It is for that reason that Multi-faith Chaplaincy decided to make "balance" the theme of this issue of *sources*. Through articles, quotes, art and programs, we invite you to reflect on ways in which you balance the different aspects of your life as well as ways in which our communities balance the different needs and demands of its members. We invite and challenge you to engage with this issue through the paper you are holding in your hand as well as through discussions with classmates, friends and staff at Multi-faith Chaplaincy. Because, whether we like it or not, finding balance is one of the on-going tasks of our lives! ☺

Ellie Hummel

what comes to mind...

We asked people to tell us what came to mind when they heard the word "Balance". Below, are some of the answers you gave us:

☞ "A pie filled with play, creativity, love, friendship, passion, rest, exercise, spirituality, learning, and work. When one of the slices is missing, I am out of balance."

Jenny Sterzaj,
Therapeutic Recreation

☞ "Knowing how to breathe in and breathe out."

Jeff Karanfil,
Linguistics

BUILDING BRIDGES

Prison Visit Program

A Thursday evening discussion group once every 3 weeks with inmates of Leclerc Institute
Orientation required!

Next orientation:

January 15, 2009

6:00 PM, Annex Z, Room 05

Info: Bernie Glover

Roman Catholic Eucharist

in The Loyola Chapel:

Sunday 11:00 AM

Mon, Wed & Fri 12:05 PM

Student Concerts in the Loyola Chapel

Every Tuesday at 12:30 PM

Admission is Free

Everyone is welcome!

Looking for Roman Catholic Students!

We are looking for Roman Catholic Students who would be interested in helping to form a **Catholic Students Association** at Concordia.

If you are interested contact
Fr. Paul Amegashie

Zen Meditation

Every Wednesday, Annex Z, Room 05

Instruction at 10:45 AM

Sitting from 11:00 AM-12:00 noon

January 14 to April 8, 2009

Contact Myōkyō for more information.

Peer Support Program

Students Helping Students

A drop-in centre for listening, referral and information
run by (trained) students for students.

Free and confidential for
Concordia Students!

Monday–Thursday 11:00 AM – 5:00 PM

SGW, Annex Z, Room 03

Loyola: Tuesday, Noon – 5:00 PM

In the Guadagni Lounge (G-lounge)

Info: (514) 848-2424 Ext. 2859

BALANCE: getting it together!



Webster's dictionary defines balance as "...harmonious proportions; mental or emotional equilibrium..." This is a perfect theme for a communication from Multi-faith Chaplaincy, a department dedicated to both the spiritual and the physical needs of the Concordia community. It is also a goal we should all aspire to attain not only personally but also in our society.

However, as we look around us we can easily question where this hoped-for equilibrium has gone.

Today, our world seems completely out of balance. The economies of the richest countries have taken a nose-dive. The situation of the poorest of the poor around the world continues to deteriorate. Our air is polluted; conflicts abound in other countries and on our streets. Youth feel disenfranchised, while the elderly are rejected. Although efforts are made to support families, many single parents and the poor find themselves incapable of responding to even the basic needs of their children. As we strive to ensure freedom of speech and equality for all, rather than these two fundamental values flourishing, we find them in constant battle. The rights of traditionally disenfranchised groups, so long fought for, are still under constant attack, in our institutions, on our streets and in our homes.

The media, whose role is to keep us informed about the world and in touch with our sisters and brothers around the globe, has distorted its mandate showing us what the "powers that be" wish us to see, promoting paranoia and fear. The world-wide web, while promoting a simulacrum of connectivity, has resulted rather in isolating us as we sit in our rooms, talking to each other through a machine.

How not to feel discouraged, outraged? How do we regain this balance, the sense of well-being so important to our physical and mental health? What can we, as powerless individuals, do to make this world a better place? The only thing we can truly count on is ourselves. However, once personally balanced, we can connect with others to fight against injustice and inequality. We need to look back, forward and within and outside ourselves. We need to understand where we come from, who we are and see what the power of one can do. We then must appreciate how collaborating with others instead of fighting can create rather than destroy. Only then can we come together with others to do great things.

We have all been brought up with values and a way of looking at the world that can distort how we see ourselves and others. As naturally ethnocentric, we have a tendency to see that the way we do things is the right way (or obviously we would do things differently!) This must mean, therefore, that others, who do things differently from us, must be doing it wrong! Rather than blaming, fighting, excluding, we need to first look into ourselves and understand who we really are, where we come from and how we can be better. Only then can we put ourselves in the shoes of others and try to see life through their eyes. Only then can we step outside ourselves and our own needs to focus on others. Only then can we find together the equilibrium to attack the ills of our world.

Education plays a major role in helping people become more engaged in revitalizing the social fabric. Service-learning, which allows students out into the community to practice what they learn, is a great equalizer.

As Canadians, we have a rich heritage of which we can be proud, one of people helping each other to survive. However, we need to learn about it and from it. How many of us know that, in Fort Edmonton, Alberta,

continued on page 4, see **BALANCE**

Looking for Community

Looking for students connected to the Anglican, United and Presbyterian churches to build community, have interesting discussions, get involved in social justice issues and other projects.

Contact Ellie Hummel.

BALANCE (cont'd from page 3)

in 1938, a small Jewish community helped fund the first mosque in Canada, the Al-Rashid Mosque, one that resembles a Ukrainian church? At Concordia, a group of students are making a difference in the lives of children in a poor, war-ravaged country in Africa. Students, faculty and staff come together to promote a cleaner environment. CUTV offers opportunities for young people from the community to learn more about themselves and to garner new skills that will excite them about the future and the role they can play in making their lives and those of their families better. People are getting involved, joining in and getting things done. So can you!

"Balance, peace and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."
Thomas Kinkadee ☺

Elizbeth Morey
Dean of Students

Mantras and Chants

Come soothe your soul and clear your mind with mantras, chants and sounds from various religious traditions.

Beginning January 14, 2009

Every Wednesday

1:00 - 2:30 PM

Info: Marie-Paule Martel-Reny

End of Year Party

(We are planning ahead)

Join us to celebrate the end of the school year with food, music and good company!

The End of Year Party will take place on

Thursday April 16, 2009

5:00-7:00 PM in Annex Z

Bring your musical instruments to jam, or your CDs and mp3s to play!

You are also invited to join Chaplaincy staff and associate chaplains for a blessing and meditation circle at 6:00 PM.

what... (continued from page 2)

☺ "A stable distribution of power, able to go with the flow, with the passage of time and events, hopefully always equally, or equitably..."

Louis-Philippe Gagnon,
Economics/Political Science

☺ "Finding the middle point. Seeing the shades of grey instead of focusing on the black/white or extremes/polarities."

Marilène Gaudet,
MA Art Therapy

☺ "When I hear the word 'balance' I think of stability and security. Makes me think of a reliable person."

Claudia Cinotti,
Sociology

☺ "Balance to me means that all aspects of one's life complement each other; one part does not outweigh the others. Unfortunately, I think that it is extremely hard to find true balance in one's life, so much so that the equivalent of this is enlightenment."

Julie Carle,
Studio Arts

☺ "To me, balance is moderation. It's having everything in check and not feeling overwhelmed with what life has thrown at you."

Stephanie Bender,
Psychology

☺ "I think of health and searching for it. It seems to me balance is almost like happiness; a journey and not a destination. I also feel like it's only defined by its extremes. Only knowing what the opposite extremes are can you find a balance in between them."

Nathaly Arraiz Matute,
Electroacoustic Studies

☺ "Hearing the other side."

Clara Fraser,
Political Science

☺ "The middle."

Yves Elmir

☺ "Equilibre du corps et de l'esprit entre l'individu et la nature. La balance vient avec le respect que l'on a pour soi, pour les autres. C'est seulement possible si on a la capacité de se détacher de soi."

Catherine Delisle Litteureux,
Anthropology

☺ "The place where opposites meet, creating positive equanimity within, despite the fluctuations without. In life, balance is where things are healthy, and there is equal intake and output, fervor and tranquility, chaos and order, consumption and creation – in a way that nurtures all parties involved rather than wear them down."

Anonymous,
Anthropology and Sociology

☺ "Home."

Bettina Grassmann,
Creative Writing

☺ "Balancing your inner self (thoughts, emotions, moods, shyness...) and balancing your outer self (life's demands such as school, work, chores, friends, family...)"

Mélanie Leblanc,
Psychology

☺ "A scale. I think of Louise Hay and other New Age freaks. I'm tired of hearing people talk about this concept of finding balance. It's becoming clichéd."

Pam Cantor,
Fine Arts

☺ "When I think of balance I think of fitness and yoga"

Martina Doytchinova,
Psychology

☺ "Being complete. Having an inner balance in your life on various levels. Physically, emotionally, and spiritually."

Crystal Shaddick,
Psychology / Human Relations

☺ "Balance to me means the right combination between sanity and insanity."

Joseph-Alexandre Darrous,
Psychology and Religion

a balanced perspective



Education, beyond all other devices of human origin, is the great equalizer of the human condition, the balance-wheel of the social machinery. (Horace Mann)

One of the most common reasons that people come to see me is for information. Just the other day someone came to inquire about the practices of Muslim women in North America. She was working on something related to the topic and wanted, as far as possible, to present a balanced viewpoint. The importance of doing so cannot be underestimated and I would like to think that we might strive to achieve a balanced perspective in most of our endeavors. Particularly when it comes to presenting or relating to religious cultures, the need to inform ourselves is imperative.

In an increasingly diverse place like Quebec, the opportunity to learn about those around us is, well, all around us. But somehow differences continue to challenge many of us and misunderstandings prevail. It was in fact just last year that we witnessed a minor social panic over hijabs at soccer games and frosted windows at the gym.

Perhaps recognizing the growing need for intercultural understanding, last year Quebec's Ministry of Education announced they would be offering a course in Ethics and Religious Culture to all elementary and secondary school students. Since its inception though, the new curriculum has been a source of debate. At the heart of the issue seems to be a question of balance: how can we engage with multiple forms of culture without losing sight of our own? There is no simple solution, but we might be reminded

that learning about others does not mean having to adopt their views.

While most of us have grown up only really having to know one tradition-our own- consider for a moment how strange it was when you first found out that your tradition was just one of many. Suddenly your perspective was off-balance. Now consider what it might be like if knowing about many cultures was the norm. What if we never had that 'strange' moment, or never encountered any 'strangers'? When there is no longer anyone so peculiar or profane, then we will have achieved equilibrium. But we need to be willing to go there.

In the wake of the 'Reasonable Accommodation' hearings, we were left with one piece of practical advice: learn about your neighbours. All things considered, education is our best defense

against ignorance; the greatest tool for developing a balanced perspective. Within the university setting, we are fortunate enough to have many of the resources that it takes to help foster a better-informed society. Concordia's Multi-faith Chaplaincy is one of them.

This winter we will be offering a 'Seek and Meet' luncheon on Tuesdays, where representatives of different faith communities and constituencies will come in to chat and respond to your questions in an informal setting. It will be a great opportunity to meet people from different faith backgrounds and find out about their traditions and perspectives. So don't be shy and miss your chance to learn something- it might help level the scales. ☺

Laura Gallo
Interfaith Educator

finding balance



*c'est le bien qu'ils
t'enlèvent
qui fait ta nuque
courbée
ton malheur et ton
désespoir
regarde le soleil en
face
redresse-toi
lutte pour la lumière
arrache ton dégoût reviens à ta vie, à
la vie*

*elle t'attend crois-moi
elle t'attend et aussi ton bonheur
elle a besoin de ta joie -sais-tu ?

comme de sa plus grande gloire !
et n'oublie pas surtout
n'oublie pas que c'est par la simplicité
seule*

que l'on aborde l'existence

*sois l'innocence et laisse-la ta fierté
sache mon vieux
qu'il faut passer tout entier
dans le feu pour être
libre*

et c'est dur !

Extract from:
Balance des jours et des nuits
By George Desportes

Finding balance in our lives is hard. I think of this every time I stand in the classic yoga pose they call "The Tree." Arms reaching up to the sky like branches. One foot solidly planted in the earth, toes stretching out like roots. One foot solidly planted above the knee as part of the trunk, solid and strong, supporting everything.

Some days I find balance instantly. I can stand nearly perfectly still. On other days I can barely hold myself up. The tree that is me waivers back and forth, shaking as if withstanding the driving winds of a storm. On those days I feel tired and weak, hardly fit to be a proud tree.

Balance, I am learning, is not something we attain once and move on. It is a state we are constantly working toward. Sometimes the adjustments are simple and small. Get a little more sleep. Eat a better diet. Call a friend. At other times, the adjustments require an amazing force of will. Let go of old habits and thoughts. Let go of unhealthy relationships. Take the sadness and the darkness in life and

continued on page 6, see **finding balance**

how do we live in balance in two worlds?



As a Native American woman, this question has often come my way. It is important to me to live my traditional ways and to keep to our spiritual philosophy while living in the society of the modern world. Through trial and error, some sacrifice and sufferance, I have seen that blending the two worlds will be a life long journey.

I am Cree from Northern Alberta and a mother of four. In 1975, I made

Montreal my permanent home.

Having been taken from my biological parents at an early age and placed in a white family left me with no cultural identity. As time went by I must admit that I felt lost and out of balance. One day, and I remember this clearly, I decided to stop the inner turmoil by finding ways to help myself. Using an active intelligence, I learned French which has helped enormously.

Eventually, along life's busy road, I was fortunate to meet my Native people. The Elders, our wise and compassionate teachers, took me under their "wings of wisdom" and helped heal my Indian spirit. I opened my mind and heart to the spiritual teachings of our culture. I healed the hole in my soul, so to speak, and found my way back home to balance and harmony.

I believe everyone can find balance if we look inside and use self-discipline

over mind and body. We must know our limits and at the same time know that we can accomplish anything, if we have love, a love for life in its many forms. Making time for my culture and its spiritual philosophy has given me direction and a sense of wholeness. Finding moments to go to Nature and embrace her beauty is also medicine that brings wellness on all levels of existence.

Our Great Father and our Beloved Earth Mother gave each of us the four powers of our human selves. They are our physical, emotional, mental and spiritual worlds. Every so often, we can take time to use the energy of inner reflection to see if we are in balance with these powers and to see if we are using them properly. By doing this we can live in better balance with those around us. This is part of my spiritual duty as a Native person.

There are many teachers along the way that will remind us of how to find harmony and balance. I have acquired an appreciation even for my challenges, the negatives and even

for my mistakes because they are my "teachers". One wise Elder said it this way, "Creation is your home, and remember that Life is your friend." So I have learned that we can't muscle life around with our emotions, we must do the work to find balance. That is why Creation gave us a mind, and it is up to each individual to make use of this gift. Creation did not leave us helpless, we were all given spiritual tools placed within. These teachings have been my lighthouse on this big ocean of life.

I am grateful to the white society, for in their world, there are good people too. I have reached out to the therapies and self-help workshops that I came across. The universe is abundant; if you are out of balance, look for help. It is the greatest gift you can give yourself.

With all the distractions of life that takes us away from balance and harmony, one must definitely take time to LISTEN to LIFE. ☺

Peace be upon you.

Morning Star

Elder

Centre for Native Education

finding balance

(Continued from page 5)

put it into better perspective. "Fight for the light," writes the poet. "Come back to your life, to life."

On the days that I waiver, that's when I know I need to start over. Maybe I'm striving too hard. Maybe I'm holding on too close to something that needs to be released. That's when I'm reminded that this being human is always about finding that balance between the dark and the light.

As I find myself toppling over, reaching for the sky, that's when I remind myself to let go and have faith. Stop worrying about outcomes I tell myself. Breathe. Pray. Meditate. And then, amazingly, I find myself grounded again, swaying with whatever the winds bring my way.

*"Know my old friend
That we must pass wholly
Through the fire to be
free
And it's hard!" ☺*

In faith,

Rev. Diane Rollert

Unitarian Associate Chaplain

SGI Buddhist Club

A movement aiming at peace, culture and education based on the philosophy of Nichiren Buddhism

Morning Gongyo Chanting

Tuesdays 10:30 -11:30 AM.

Annex Z, Room 05.

Info:

sgibuddhism.concordia@gmail.com

Seek n' Meet!

If you are seeking meaningful encounters with people from various faiths, come meet our guests every Tuesday for inspiring, informal lunchtime discussions.

January 13: **Myokyo**, Zen Abbess,
(Centre Zen de la Main)

January 20: **Omar Kone**, Sufi Sheikh
(Naqushbandi Sufi Center)

January 27: **Beth Morey** (Dean of Students)

February 3: **Ilona Weinstein** (Montreal Baha'i Center)

For detailed information about our guests, contact **Laura Gallo**

Mother Hubbard's Cupboard

A Vegan Meal for just \$2
Served with great community and conversation!

Every Thursday

5:00 – 7:00 PM, Annex Z

Starting January 8, 2009.

For more information or to help out, contact: Julie at mohubbs@alcor.concordia.ca or Laura Gallo

You can also check out Mother Hubbard's info and blog at: <http://mohubbs.wordpress.com>

See you at Mo Hubbs!

Concordia Christian Fellowship

We gather every Friday
from 5:00 -7:00 PM
Annex Z, Room 105,

If you would like to know about us or our other events please contact us at: concordiacf@gmail.com or drop by our office at 2020 Mackay, P-305.

Services for Muslim Students

Prayer Spaces...

H-716 (SGW) or SC 03-02 (Loyola)
Friday Prayer - 2295 St. Marc

Imam Elmenyawhi meets with students, on the 3rd Friday of each month, after Friday prayers.

For information and prayer times:
Muslim Student Ass'n at 848-7410 or msa.concordia@montrealmuslims.ca
<http://msa.concordia.ca/>

Volunteer Experience

Learn about yourself by reaching out to others!

Contact Ellie Hummel to find out about various volunteer opportunities on and off campus!

Concordia Association of Baha'i Studies

Musical Devotionals Fridays
4:00 -6:00 PM in Annex Z Room 05.
This semester: Jan. 16; Feb 13; March 13; April 10, 2009
Info: concordiacabs9@gmail.com

The Art of Living Club

To live life fully and freely is an art, requiring skill, intuition, creativity, and knowledge.

Weekly Yoga, meditation, spiritual knowledge

Tuesdays 4:00-5:30 PM

Annex Z, Room 05

Also uplifting service projects
Information: 514-690-1424

Insight (Vipassana) Meditation Sessions

led by Daryl Lynn Ross, Retired Chaplain

Annex Z, Room 05

**Wednesdays 5:15-6:45 PM,
Beginning January 21, 2009**

First-timers please come at 5:00 PM.

Instruction, sitting, guided meditation, Buddhist teachings. Open to new participants all semester; no registration required.

Also Sunday day-long meditation retreats on January 25, 2009 and March 1, 2009, 9:30 AM to 3:00 PM; donation requested; **please register**

Info: daryllyn@alcor.concordia.ca.

24/7 Faith

Refugees, the Global Economy, Foreign Affairs...

What is a faith-filled Christian response?

Please bring: curiosity, an open mind, your questions!

Mondays 12 noon – 1:30 PM,

Annex Z, Room 02,

Starting January 26, 2009

Info: Ellie Hummel

Hillel

Discover Jewish Campus Life

3460 Stanley.

www.hillel.ca

514-845-9171

Our Neighbour's Faith...

...offers monthly tours of religious sites and the opportunity to ask questions to religious leaders and community members. Visits are free and bilingual!

Upcoming visits:

Jan. 25 St. Joseph's Oratory

Feb. 26 Montreal Baha'i center

For details of each visit, contact the Interfaith Educators

Drum Circle!

Community drumming has been a long-standing musical tradition in almost every part of the world. The drum circle is an opportunity to share rhythm and get in tune with others and yourself. Whether you're a weekly tam-tam aficionado or a first-time drum enthusiast, come feel the beat.

**Tuesdays 5:30 - 6:30 PM
in Annex Z, Room 05**

Starting January 13, 2009

No experience necessary. Bring your own drum and/or percussion, as extras will be limited.

Contact Laura Gallo for more information.

Chabad House

- Friday night student dinners
- Shabbat and holiday services
- Jewish Interest classes
- Vegetarian Bistro

3429 Peel St.

www.chabadhouse.org

Do you want to stay in touch with Chaplaincy...

...hear about upcoming and new events and volunteer opportunities?

Drop by the offices, e-mail one of our staff or check our website for instructions on how to join our list-serve.

<http://deanofstudents.concordia.ca/chaplaincy>

our in-house team



Ellie Hummel (Rev.)
Ecumenical Chaplain
Chaplaincy Coordinator (Mon-Fri)
Offices: S-Z 02/ L-AD 130-3
Phone ext: 3590
Ellie.Hummel@concordia.ca

Fr. Paul-Marie Amegashie, sma
Roman Catholic Chaplain
Loyola Office: L-AD 130-2
Phone ext: 3587 (Tue, Wed, Th)
Paul.Amegashie@concordia.ca



Marie-Paule Martel-Reny
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Tracey Fisher
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Loyola Office: AD 130
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our associate chaplains...



Hindu
Dr. T.S. Rukmani
rukmani@alcor.concordia.ca

Jewish
Rabbi Shlomo Mahn
RabbiMahn@gmail.com



Hillel Contact:
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Bev@hillel.ca

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Sikh
Mr. Manjit Singh
lo.man@sympatico.ca

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Rev. Diane Rollert
514-485-7654
DianeRollert@ucmtl.ca



Zen Buddhist
Myōkyō Judith McLean
514-842-3648
czenmain@dsuper.net

Baha'i
Ilona Weinstein
514- 485-9543
ilonaweinstein@sympatico.ca



why not drop in?

You will always find a warm welcome at Multi-faith Chaplaincy!

sgw: annex Z (2090 mackay, across from the Hall bldg.)

loyola: administration building l-ad 130

if you would like to call ahead...

...dial 514- 848-2424 and enter the desired extension at the prompt.

Office hours

For the office hours of the
Associate Chaplains
please contact our office at
Ext. 3593 or 3588